

HIIT vs. MIIT

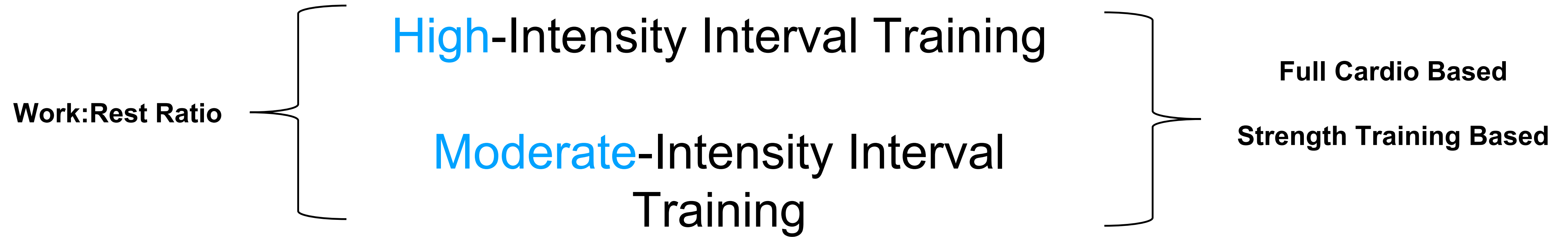
The application

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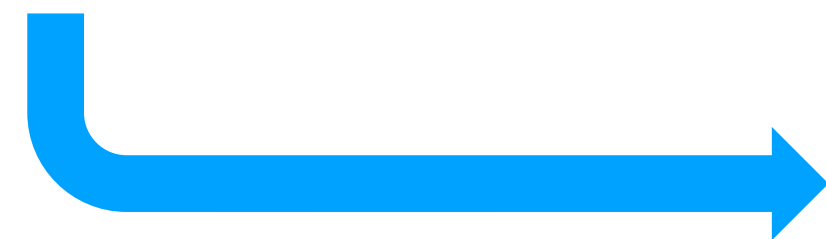
STUDENT DEVELOPMENT DEPARTMENT,
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA (IIUM)
30 June 2021



Heart Rate
Rate of Perceived Exertion (RPE)



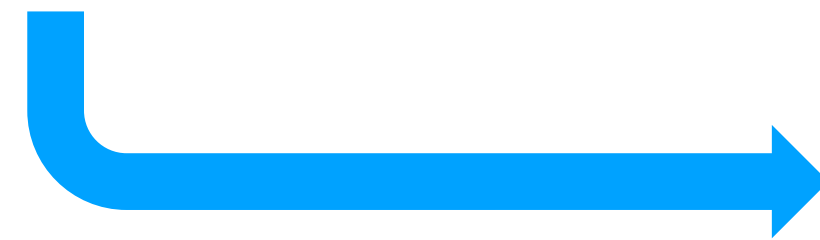
WHAT DO YOU NEED?



Need analysis



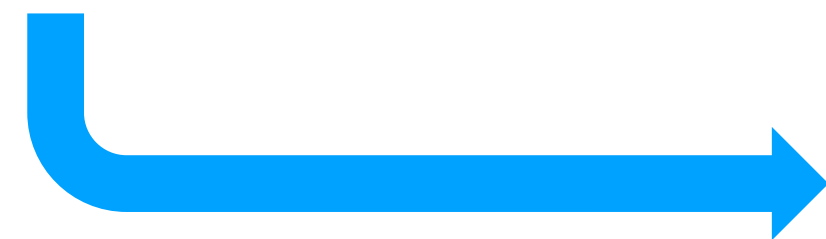
WHAT CAN YOUR BODY TOLERATE?



PAR-Q
Fitness Assessment / HR Zone



CAN I HAVE BOTH?



Yes, if it serves purpose



EFFORT

EFFECT

MAXIMUM
90-100%



BENEFITS: HELPS FIT ATHLETES DEVELOP SPEED

HARD
80-90%



BENEFITS: INCREASES MAXIMUM PERFORMANCE CAPACITY FOR SHORTER SESSIONS

MODERATE
70-80%



BENEFITS: IMPROVES AEROBIC FITNESS

LIGHT
60-70%



BENEFITS: IMPROVES BASIC ENDURANCE AND FAT BURNING

VERY LIGHT
50-60%



BENEFITS: HELPS WITH RECOVERY



Image source: <https://hamiltonsport.com/2019/01/heart-rate-training-part-1-why-zones/>

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¹HIIT: 20:10 x 8 = 240 secs @
85–95% HR_{max}

¹MIIT: 20:10 x 8 = 240 secs @
55–75% HR_{max}

VARIATIONS:

WORK Run, **REST** Passive

WORK Jab + Cross, **REST** passive

WORK Weight Training, **REST** Jab + Cross



Planning Home Exercise for Beginners

<https://www.youtube.com/watch?v=ymOcbO1tDEw>

Basic Exercises #1

<https://www.youtube.com/watch?v=Kum6QqxMGc8>

Home Exercises for Beginners: Self-Massage (Foam Roller)

https://www.youtube.com/watch?v=flx_IXNcs88

Basic Exercises #2 (Stretches)

<https://www.youtube.com/watch?v=OXRhu7mXnM8>



SAFETY

Always listen to your body. Never hesitate to STOP



Strength & Conditioning Education at
Faculty of Sports Science & Coaching
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